

SENIOR FOOD INSECURITY

Food insecurity includes disruptions in both the quality and quantity of food intake, generally due to financial constraints.

Inadequate access to food also compounds malnutrition for food-insecure adults who, “sometimes had enough money to purchase food but did not have the resources to access or prepare food due to a lack of transportation, functional limitations, or health problems.”

The number of food insecure adults is projected to increase by 50% when the Baby Boom generation reaches age 60 in 2025.

National Blueprint: Achieving Quality Malnutrition Care for Older Adults

Food Deserts

United States Department of Agriculture Definition: areas where people live more than 1 mile from a supermarket in urban areas, or ten miles away in rural areas. As a result, individuals may grocery shop at gas stations or mini-marts. These type of establishments often result in the purchasing of higher priced “junk food” (rarely fresh produce).

What is Food Security?

“food security exists when all people, at all times, have physical and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life.”

(Food and Agriculture Organization, United Nations Agency)

Screening For Food Security:

The South Carolina Department on Aging has incorporated the Expanded Food Security Screener Tool into the Client Assessment

A validated tool developed by the College of Agriculture and Natural Resources Department of Nutrition and Food Science at the University of Maryland

Typical food security screening tools only measure the **economic** access component.

The “Expanded” tool goes further than just economic causes...

- ⇒ Availability (food production/markets)
- ⇒ Accessibility (physical and economic)
- ⇒ Utilization (preparation)
- ⇒ Stability of the above 3

Food Desert Maps (USDA & SCDHEC)

- ⇒ <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/>
- ⇒ <https://gis.dhec.sc.gov/fooddesert/>
- ⇒ Click on the links above and Zoom in on the shaded areas to find low-income areas with low food access.

